Vancouver metro

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Canadian law and polyamorous families
metroNEWS

Your essential daily news | WEEKEND, SEPTEMBER 16-18, 2016 | High 21°C/Low 14°C Mostly cloudy

YOUNG PEOPLE STRUGGLE

Housing policies tilted against next generation metroNEWS

CODE RED HOUSING CRISIS

JENNIFER GAUTHIER/METRO

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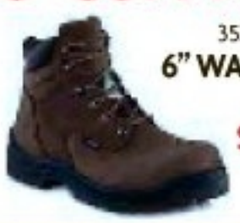

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metro NEWS

Your essential daily news

Vancouver man Kevin Garratt back in Canada after release from Chinese prison. **Canada**

Megaphone launches app

TECHNOLOGY

Payment software meant to support low-income vendors

David P. Ball
Metro | Vancouver

Veteran Megaphone magazine vendor Peter Thompson, right, sells the latest issue to Vancouver Mayor Gregor Robertson using a newly launched open-source payment app. DAVID P. BALL/METRO

"I've been selling it for nine years now," Peter Thompson told Metro, holding a crisp copy of Megaphone magazine in his worn hands. "People keep coming back."

What Thompson sells is British Columbia's street publication — a social enterprise that employs income low-income or homeless vendors in Vancouver and, thanks to a recent expansion, Victoria.

On Thursday, the non-profit magazine took a leap to get even more of its vendors coming back by launching a new smartphone application so people can pay directly without cash.

"A lot of people don't have cash these days," said 10-year veteran vendor Suzanne Kilroy, who sells in the downtown Vancouver area. "I personally don't have cash unless I have Megaphones.

"(Now) people can look for me using an app and … buy a magazine or a calendar."

> **People can look for me using an app and … buy a magazine or a calendar.** Suzanne Kilroy

But the secure payment app, developed by Denim and Steel Interactive, won't only support Megaphone's vendors.

The publication decided to release the app as open-source, meaning it can be easily adapted by any of its counterparts around the globe —now totalling 112 in 35 countries, according to the International Network of Street Papers.

"Other street newspaper orgs around the world will be able to take the work that we've done, modify it with some technical help, and then use it to help vendors in their locale build their livelihoods," said Denim and Steel spokesman Todd Sieling, who added that the app allows vendors to collect their earnings seven times faster than with standard e-commerce transactions.

Megaphone's executive director said the organization surveyed its customers and found nearly half had "missed out" on buying a copy because they didn't have cash. The app also allows buyers to find their nearest vendor.

Attending the new app's launch near Broadway-City Hall Canada Line station was Vancouver Mayor Gregor Robertson, who praised the organization as one of the "great social enterprises in Vancouver," and adding that it also helped amplify the "voice of our most vulnerable people."

CRIME

Man pleads guilty in shooting

A man who shot and seriously wounded a former employer before confronting police in two separate Vancouver shootouts has pleaded guilty to three counts of attempted murder and two firearms charges.

Gerald Battersby appeared in B.C. Supreme Court on Thursday in connection to the 2014 shootings in the city's Yaletown area and outside Science World.

Battersby was facing six counts of attempted murder and four firearms offences and had earlier pleaded not guilty.

Paul Dragan was gunned down June 10 as he drank coffee while sitting outside Starbucks, across from his popular cycling shop, Reckless the Bicycle Store, on Davie Street.

At the exact moment Dragan was shot, former emergency room physician Dr. Clifford Chase happened to be getting coffee at nearby Urban Fare, and quickly attended to him before the ambulance arrived.

Two Vancouver police officers had also just arrived at Starbucks and immediately called for advance life support paramedics. In a previous interview with Metro, Dragan said the paramedics estimated he had been clinically dead for about seven minutes.

The two plain-clothes officers exchanged gunfire with a suspect, who escaped on a bike along the city's seawall.

THE CANADIAN PRESS
WITH FILES FROM THANDI FLETCHER

Ageism in housing: Young people left out in policy, advocates say

CODE RED HOUSING CRISIS

Property tax rules offer no help for those under 40

Wanyee Li
Metro | Vancouver

Russell Bonaguro looks up to his parents' work ethic and their ability to raise their family in a house they built themselves, but like many working Vancouverites, the 37-year-old knows he will probably never achieve that in Vancouver.

"It's frustrating. It feels like we have to feel guilty or bad about being in this situation but it is genuinely a different situation than other generations," said Bonaguro, who currently rents a one-bedroom suite in the Fairview neighbourhood.

The scientist and public health researcher has worked full time in the research sector for more than a decade, but says home ownership is still a pipe dream.

"It was so far from my reality that I just zoned it all out because it was ridiculous for me to think I could save up, 20, 40, 50 or more thousands of dollars and then also pay a mortgage," he told Metro.

Bonaguro's situation is one that many young Canadians can relate to, signalling a code red in Vancouver's housing crisis, said Paul Kershaw, founder of the Generation Squeeze coalition.

The organization is an advocacy group for generational equality in policy making.

"We have to come up with other ways to help the younger demographic cope," said Kershaw, a UBC professor at the School of Population and Health.

There are many examples of decision-makers taking an age-approach to policy and there is no reason why they cannot do it again — but this time to help people under the age of 40, he said.

"Property taxes are the primary way in B.C. where we take an age-approach to thinking about housing policy. The problem now is that age approach is out dated."

Seniors can take advantage of property tax rules in two ways: one is the homeowner grant, where people 65 and older qualify for the highest amount; the second is the tax deferral program, where those 55 years and older can defer their property taxes and pay less than 1 per cent interest.

But it's younger people, those under 40, who need the most help and a bigger tax break, Kershaw argues.

One politician says tax breaks only touch the surface of what governments need to do to help young people afford homes.

"I think that there are probably ways in which you can use tax breaks to make it a little bit easier for some people to get into the market, but you couldn't really do that without also addressing the very real issues of the supply of affordable housing," said B.C. NDP MLA housing critic David Eby.

Over the coming weeks, Metro will highlight some of the Generation Squeeze recommendations, including those about housing supply, and invite readers to share their thoughts directly with experts shaping housing policy on the civic, provincial and federal levels.

Russell Bonaguro, 37, rents a one-bedroom suite in Vancouver's Fairview neighbourhood, but says the idea of home ownership is out of reach for people with an average job like him. JENNIFER GAUTHIER PHOTOS/METRO

WHAT DO YOU THINK?

Read more at gensqueeze.ca and let us know what you think at Vancouver@metronews.ca; commenting on this article on Facebook (facebook.com/vancouvermetro), or tweet us with the hashtag: #CodeRed. You can also text JOIN to 604-337-0945 to get involved with the Code Red campaign.

Young people earn $4,000 less a year on average in today's dollars compared to those in 1976.

CODE RED NEXT WEEK

How taxing housing wealth could bring prices down

To follow the series as it evolves, visit metronews.ca/codered

Those with most pay least

Generation Squeeze aims to convince governments to address generational inequality in the housing market by shifting to address the younger generations' needs.

Some housing policies already feature an age-approach, but they target the wrong demographic, said Kershaw.

For example, B.C. seniors can take advantage of an additional homeowner grant and those 55-years old and above can defer their property taxes indefinitely while paying 0.7 per cent interest on them. Homeowners with children can also defer their taxes but pay a 2.7 per cent interest rate instead.

"That policy was put in place some time ago because back in the day, seniors had the highest rate of low-income status in the country," he said.

That made sense when seniors were the most vulnerable group of the population in the mid 1900s, but now young people carry that burden, he said.

Young people earn $4,000 less a year on average in today's dollars compared to those in 1976, but meanwhile, housing prices have almost doubled in today's dollars.

The government is essentially "subsidizing wealth accumulation," said Kershaw.

"It begs the question, why, the very group of people who have the most housing wealth, are the very group of people who are getting the biggest tax break?"

One Vancouver retiree says seeing his children struggle to find the same standard of living they did has been difficult.

Roger Gibbons, 69, downsized from a house in Calgary to an apartment in Vancouver's West Side, which gave him the financial means to help one of his sons afford a condo in Vancouver.

"If we hadn't been able to do that, I think they would be in an even more difficult to get into the market," said the retired academic.

His forty-something year old son's family wants to move to a single-detached house but even with his parents help, it seems futile, said Gibbons.

"I worry a lot now."

WANYEE LI/METRO

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

A crew of Chasing Sunrise hikers on Canada Day as the sun rises. CONTRIBUTED

DONATION

Conservancy gets piece of Great Bear

A vast tract of land about half the size of Stanley Park within British Columbia's prized Great Bear Rainforest has been donated to the Nature Conservancy of Canada.

The four parcels of private waterfront land on British Columbia's Central Coast include 185 hectares of ecologically significant old-growth forests and estuaries.

The Conservancy says the area supports some of the most dense populations of black and grizzly bears in the province, along with the white kermode or spirit bear.

The newly conserved parcels are part of the world's largest coastal temperate rainforest and include the Gullchucks Estuary, Spider Island, and the Geldala and Kiidiis shores that sit opposite of Rivers Inlet.

On Monday, Premier Christy Clark also announced the Great Bear Rainforest will be endorsed under the Queen's Commonwealth Canopy initiative aimed to conserve forests around the globe.

Already, 85 per cent of the Great Bear Rainforest's 6.4 million hectares are conserved, while the remaining area is used for logging. THE CANADIAN PRESS

Rise early, stay burly

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

As the sun slowly illuminates the city, a growing number of people are starting their day with fresh air and a healthy dose of adrenaline.

From triathletes perfecting their swimming strokes to sunrise running groups rounding the Seawall, for many, early morning in Vancouver is a time of inspiration.

Julian DeSchutter, who cofounded the outdoor adventure group Chasing Sunrise with Gordon Swenson, put it this way," At that time of day, no one wants anything from you, there are no meetings, no email, just time for yourself. There is this energy at the beginning of the day, a silence."

Chasing Sunrise evolved out of a challenge. Roommates DeSchutter and Swenson made a pact to wake up at 4:30 a.m. for 21 consecutive days. As entrepreneurs, they had heard all the clichés about successful people "getting up early and going after life."

It wasn't easy, but for DeSchutter, "it was a powerful experience." On the 22nd day, they decided to keep going. To celebrate, they climbed Mount Seymour. It was a windy November day in 2014, -20 C, but as the sun rose over the mountains, DeSchutter thought "this is the type of thing I've always wanted to do. "

They soon decided to return, so they put it up on social media; eight people showed up, including long-time members Ally Pintucci and Taylor Smith and the next time it was more than 20. Now their events, like climbing up Seymour on Canada Day to sing O Canada as the sun rose draw hundreds.

One woman who participated in a Chasing Sunrise event recently wrote a long note explaining how it had shifted her entire attitude. While the effects are profound, the message is pretty simple, said DeSchutter: "Go do the things you want to do."

The November Project (NP) is part of a free fitness movement, using social accountability to get people moving. They meet every Wednesday, rain or shine, at 6:29 a.m. in Queen Elizabeth Park.

Co-leader Melissa Garner admitted she will never be a morning person, but for her, it "sets the tone for the day" and makes her want "to high five people on the way to work."

Co-leader Richard Hortness concurred. "There is something special about meeting other people that are just as tired as you are, giving them a hug, and getting your daily workout done."

NP "has such a positive effect on people," Garner said, "whether it has brought them out of a slump, gotten them to sign up for the first race, or get a personal best,"

"The community is phenomenal," said Garner. "You show up once and you'll leave knowing you're now part of the group."

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VANCOUVERING

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Unbearable beauty atop bluffs

An easy-ish hike in Cypress Provincial Park offers what might be the North Shore's best view

FRESH AIR

Graeme McRanor
For Metro

It's always disconcerting when, at the start of hike, a pair of hikers heading in the opposite direction tell you that they've just spotted a bear.

So it was at the beginning of our Eagle Bluffs hike in Cypress Provincial Park, when two women heard my bear bell clanging against my backpack.

"Is that for bears?" one of them asked.

"Yep," I said.

"We just saw one," said the other. "He was big, too."

Here's the thing: I don't know if bells actually work to deter bears. But since I've never encountered one on a trail, I'm keeping mine right where it is on my bag.

If nothing else, it's a good luck charm.

The Eagle Bluffs hike is an easy-to-intermediate hike that starts near the Cypress Creek Lodge. Follow the trail past the Eagle Express Quad Chair and look for Black Mountain signage.

The trail's steepest section is the switchbacks at the start. Once you summit Black Mountain, it flattens out somewhat — save for a few scrambles — all the way to Eagle Bluffs.

We arrived at the bluffs just as the sun was dipping below the horizon — and the view is stunning. In fact, it might just be the North Shore's best.

After some photos and a snack, we descended in the dark (with headlamps). Luckily, my hiking partner and I never did see that bear, but he was on my mind the entire way down, and it reminded me of a joke that a colleague of mine — who spends a lot of time in Northern British Columbia — recently told me: How can you tell the difference between black-bear and grizzly poop?

Grizzly poop has bells in it.

The stunning view from Eagle Bluffs in Cypress Provincial Park. GRAEME MCRANOR/METRO

TRAIL DEETS

Difficulty
Easy/intermediate

Time
3-4 hours

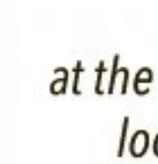
Distance
8-9 km return

Elevation gain
350 m

How to get there
(About 45 minutes from Vancouver). Drive to Cypress Provincial Park and park in the ski-area parking lot. The trail starts near Cypress Creek Lodge.

FOOD NOTES

EVEN CARNIVORES CAN'T COMPLAIN ABOUT PLANT-BASED PIZZERIA



Erin Ireland
Metro | Vancouver

After several months of anticipation, Virtuous Pie, Vancouver's first plant-based pizza and ice cream restaurant, is now open in Chinatown. Chef Jim Vesal has been working on his outside-the-box menu since the fall of 2015 and says he wants to make it easier for people to make "the good choice" (that is, to choose plant-based eats). "I want to show people that they don't have to sacrifice anything."

Featuring a super-creative menu that would satisfy even the most committed carnivore, this 21-seat joint currently offers three house-made dairy-free cheeses: cashew mozzarella, tofu feta and almond ricotta. All other pizza toppings, including falafel, gochujang-braised jackfruit and cauliflower buffalo wings are prepared on location, as well.

My first glance at this eight-item pie menu left me salivating. The Stranger Wings pizza, for example, is topped with crisp buffalo-style cauliflower, fried shallots and blue cheese drizzle. Meat lovers should try the Kim Jack-il with hoisin crema, cashew mozzarella, kimchi, gochujang-braised jackfruit and roast broccolini — it's loaded with hearty toppings that bring the heat. Crusts are a smidge thicker than those of traditional Neapolitan pizzas, but they're ready in six minutes and available for take-out orders.

Other offerings at Virtuous include two salads (a Quinoa Greek and Miso Soba Noodle) and, of course, ice cream, which is made with coconut milk and cashews. Choose from eight types, including crazy flavour combinations like turmeric black pepper (the hit of ginger hints of gingerbread), coffee + donuts (sign me up!) and peanut butter cookie dough.

Of all the vegan pizza spots I've tried, Virtuous Pie is the least "stereotypically vegan" by far. Rumour has it their IT guy took an entire week before realizing he hadn't been eating animal products.

Virtuous Pie is open every day Sunday to Thursday from 11 a.m. to 10 p.m. and on weekends from 11 a.m. to 11 p.m.
virtuouspie.com

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Hassan Farhangi, the director of BCIT's Smart Microgrid research program, shows off a charging station for electric vehicles. The stations are solar powered and are part of BCIT's campus-wide experimental renewable electricity grid. JENNIFER GAUTHIER/METRO

School test-drives charging station

TECHNOLOGY

OASIS project an experiment in renewable energy

Jen St. Denis
Metro | Vancouver

Electric vehicle owners can get zapped in a flash at a new solar-powered, ultra-fast electric vehicle charging station at the British Columbia Institute of Technology's Burnaby campus.

The OASIS station is part of an experimental electricity grid at BCIT that could change the way we generate and use power in the future. Researchers have transformed an ordinary parking lot into a bank of solar panels above two lanes of parking, with several electric vehicle charging stations underneath.

OASIS was designed to answer a question, said Hassan Farhangi, director of the college's Smart Microgrid Applied Research Team.

"What's going to happen to our electricity grid if five, 10 years from now when we have tens of thousands of electric vehicles roaming our roads and they need to have very fast high-power charging service," Farhangi said.

The BCIT station can charge vehicles in just 15 minutes compared to eight hours. While there are a few other fast-charging stations across Metro Vancouver, Farhangi said the BCIT station is "the most advanced and capable in Canada."

British Columbia, with its hydroelectric dam system, has relatively stable electricity generation. But other jurisdictions are having more difficulty providing the electricity demanded by customers, while many rely on emissions-intensive sources like coal. Those are the systems that are going to need to think about how to provide more electricity for new technologies like electric vehicles, Farhangi said.

BCIT has been working on the microgrid since 2007. Its infrastructure dots the college's Burnaby campus, from a building whose roof is covered with solar panels to a demonstration three-storey house with a wind turbine and smart appliances.

> **What's going to happen to our electricity grid ... when we have tens of thousands of electric vehicles roaming our roads and they need to have very fast high-power charging service?**
> Hassan Farhangi

Renewable energy, like solar and wind, is always going to be intermittent, Farhangi said: the sun doesn't always shine and the wind doesn't always blow. So BCIT's campus-wide renewable energy infrastructure includes some important components to manage the stop-and-go nature of renewables.

Farhangi's team of researchers use Panasonic's newest generation of lithium ion batteries to store energy, and software to manage electricity demand, cost and storage.

"We also use our storage system here so that we could play around with the amount of energy available to us at different points in time and try to maximize the amount of energy that we have," he said.

"For example, if during the night there is very little load around and the electricity from the grid from BC Hydro can be supplied at very low cost, we charge our batteries during the night when there is no load so that during the day we can use that electricity together with the solar energy we are using to charge our cars."

Another important concept Farhangi would like consumers and policy-makers to think about is "the finite-ness of energy, and the best ways we have to adapt to maximize our use of this energy without impacting our environment."

Car drivers have been used to filling up a full tank of gasoline when they may need much less for their day-to-day needs, Farhangi said. But to emphasize that energy is not unlimited, charging stations at BCIT ask electric vehicle owners a series of questions designed to give them the portion of energy they need for their specific car and trip.

"Creating that level of optimization between the amount of energy that you're producing and the amount of energy that you're dispensing is at the core of this set-up," he said.

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Finding a feathered friend

150TH BIRTHDAY

Panel of experts will choose National Bird

Rebecca Williams
Metro | Toronto

THE CONTENDERS: 1. The common loon 2. The grey jay 3. The snowy owl 4. The Canada goose 5. The black-capped chickadee

Canadians have associated different birds with our identity for years. The common loon is on our dollar, the Blue Jay is the mascot of our baseball team and of course there's the Canada goose to consider.

Despite all that, and the more than 450 species of the things across the country, Canada does not actually have a national bird. One project has decided to change that.

Last year, Canadian Geographic created the National Bird Project in effort to help designate an official bird for Canada by 2017.

Canadian Geographic put out the call to Canadians for their opinions on which bird would best represent our sprawling landscape from coast to coast.

"We asked Canadians to help find a species that could represent this nation of forest, prairie grassland, Arctic and sub-Arctic, maritime and wetland, agriculture and urban areas and many other habitats."

The bird project offered up 40 of the country's top birds and asked the country to vote on their favourites.

According to the project, more than 10,000 voted for different birds, not only from every province and territory but even Canadian expats scattered across the globe.

In fact, it seems Canadians are so passionate about our favourite feathered friends that some provided essays along with their vote, explaining why their choice of bird flies above the rest.

Voting closed at the end of August and the National Bird Project tallied the numbers to create a top five, with the common loon leading the flock.

Now it's up to a panel of experts to decide which will become Canada's national bird in time for the country's sesquicentennial, otherwise known as its 150th birthday.

The Royal Canadian Geographical Society is hosting an event, where the panel members, which include Steven Price, the president of Bird Studies Canada, and poet laureate George Elliot Clarke, will make their case for which fowl should take the top crown.

"The Great Canadian National Bird Debate" will take place at the Canadian Museum of Nature in Ottawa on Sept. 19 at 7 p.m. Tickets are available for $10 or, if you can't make it to the nation's capital, you can stream the debate live on YouTube.

FAMILIES

The 'trouples' trials

Evelyn Harford
For Metro | Ottawa

Polyamorous families in Ottawa face unique legal challenges that take the old relationship phrase "it's complicated" to a whole other level.

One woman, who identifies as polyamorous, lives with her husband and wife in the Ottawa area. She didn't want to be named to avoid outing herself and her partners, who could face repercussions in their personal and professional lives.

For two years, the woman has lived in the same house with her two partners and their three kids, , though the trio have been an item for much longer. She says being in a relationship with two people means she can't be legally married to both, which creates complications when it comes to parental rights, insurance, taxes and other legally binding contracts.

If her husband died, she would have no legal basis to see her stepchildren because she is only married on paper to her wife. Nor can she list both partners as next of kin visitors if ever she is rushed to the hospital.

"I can't have both partners at my bedside if I was dying in the hospital," she said. "And that's the last place you want to think about poly rights."

DEFINED

Trouple
A three-way couple in a long term relationship
SOURCE: URBAN DICTIONARY

IN BRIEF

Man jailed in China now free
Kevin Garratt, the Canadian man suspected of espionage and detained by China since 2014, has returned to Canada, Torstar News Service has confirmed.

His father Ross Garratt said he learned last night through another of his sons that Kevin would be coming home, and said he is back in Canada now.
TORSTAR NEWS SERVICE

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Clinton returns campaign trail

U.S. ELECTION

Candidate walks on to James Brown's 'I feel good'

Hillary Clinton resumed her campaign Thursday. GETTY IMAGES

Back on the campaign trail, a reflective Hillary Clinton said Thursday her three-day, doctor-mandated break gave her new perspective on why she's running to be president. She vowed to close her campaign against Donald Trump by giving Americans "something to vote for, not just against."

Clinton made no apologies for keeping her pneumonia diagnosis from the public until a video emerged showing her stumbling and being supported by aides. She also repeatedly sidestepped questions about when her running mate Tim Kaine was informed.

An upbeat Clinton walked onstage at a rally in North Carolina to James Brown's song, "I feel good." She said that while sitting at home this week was "pretty much the last place I wanted to be," the time helped clarify how she wants to close her campaign against Trump.

"We're offering ideas, not insults," she said in a jab at Trump. "A plan that will make a real difference in people's lives, not prejudice and paranoia."

The rally marked Clinton's first public appearance since Sunday, when she abruptly left a 9/11 memorial service after getting dizzy and dehydrated. She had been diagnosed with pneumonia Friday, but the campaign informed the public only after the video of an ill Clinton emerged.

The incident prompted fresh questions about both candidates' openness regarding their health. Trump released a new letter from his doctor Thursday detailing his blood pressure, cholesterol and medications, one day after Clinton made public a letter from her physician with similar information. Both candidates' doctors declared them fit to serve as president.

Trump's letter said the Republican is 6 feet 3 inches and 236 pounds — giving him a body mass index falling into the "overweight" range. The 70-year-old has blood pressure of 116 over 70, and his total cholesterol is 169, his doctor says.

THE ASSOCIATED PRESS

A polar bear stands on a ice flow in Baffin Bay. THE CANADIAN PRESS

CLIMATE CHANGE

Arctic sea ice keeps shrinking even more

Arctic sea ice this summer shrank to its second lowest level since scientists started to monitor it by satellite, with scientists saying it is another ominous signal of global warming.

The National Snow and Ice Data Center in Colorado said the sea ice reached its summer low point on Saturday, extending 1.6 million square miles (4.14 million square kilometres). That's behind only the mark set in 2012, 1.31 million square miles (3.39 million square kilometres).

Centre director Mark Serreze said this year's level technically was 10,000 square kilometres less than 2007, but that's so close the two years are essentially tied. THE ASSOCIATED PRESS

GERMANY

Far right, migrants in conflict

Dozens of police officers intervened as groups of far-right Germans and young asylum seekers clashed in an eastern German town that has seen racist incidents, officials said Thursday.

Around 80 Germans and 20 migrants attacked each other Wednesday night in Bautzen, a town between Dresden and the Polish border, local police spokesman Thomas Knaup said.

Officers were assailed with wooden sticks and bottles thrown by some of the asylum seekers as they tried trying to separate the groups as they brawled in a town square, police said.

The far-right protesters shouted nationalist slogans and followed the asylum seekers back to their shelter while police tried to keep the groups apart.

Police used pepper spray and batons to protect themselves and to separate the two sides, authorities said. Police said they were trying to identify the individuals who participated in the fighting.

THE ASSOCIATED PRESS

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Feds can help startups, minister says

INNOVATION

Ottawa should make use of its purchasing power: Bains

The Canadian government will use its purchasing heft to help young companies scale up by focusing on awarding contracts to homegrown startups, the federal innovation minister said Thursday.

"The government is in a very unique position. We are the largest purchaser of goods and services, we really are a marquee customer for a lot of these companies," said Navdeep Bains, minister of innovation, science and economic development in an interview.

"So how can we use government to really help invest in some of these technologies, some of these innovations, some of these ideas and become a customer for them? When we become a customer for them they can go abroad and brag about doing business in Canada."

The minister provided an update at the Waterloo Innovation Summit Thursday on the government's consultations for its "innovation agenda," which is expected to be revealed in next year's budget.

He believes the government has a crucial role to play in funding early-stage research in fields considered too risky for private sector investment.

While Canadians start more than 70,000 companies each year, only about five per cent of those businesses go on to become "high-growth" companies, with 20 per cent growth in three consecutive years, Bains said. "Canada can do better."

TORSTAR NEWS SERVICE

How can we use government to really help invest in some of these technologies?
Navdeep Bains

WAGES

Education narrows gender gap: Study

A global education study reveals larger-than-average earning gaps between Canadian men and women, but that narrows as women pursue higher levels of study.

The report from the Organization for Economic Co-operation and Development analysed data from 35 member countries and 11 partner countries. Among 25- to 64-year-olds with less than a Grade 11 education, Canadian women earned 61 per cent of what men earned in 2014, compared with the 76 per cent average across OECD countries.

Canadian women who achieved post-secondary studies fared a bit better at 72 per cent of what men earned, which is comparable to the OECD average of 73 per cent.

In other data, Canada had the largest share of adults with post-secondary education but a lower-than-average share of masters and doctoral degrees in 2015.

THE CANADIAN PRESS

IN BRIEF

Household debt climbs
The amount Canadians owe compared with how much they earn hit a new record in the second quarter, driven in part by the hot housing markets. The increase means households owe about $1.68 in credit market debt for every dollar of disposable income. THE CANADIAN PRESS

Report flags real estate
The Paris-based Financial Action Task Force is raising serious concerns that organized crime is using Canada's hot real estate sector to funnel cash. Its report also identifies charitable and life insurance as at risk of helping terrorists and criminals. THE CANADIAN PRESS

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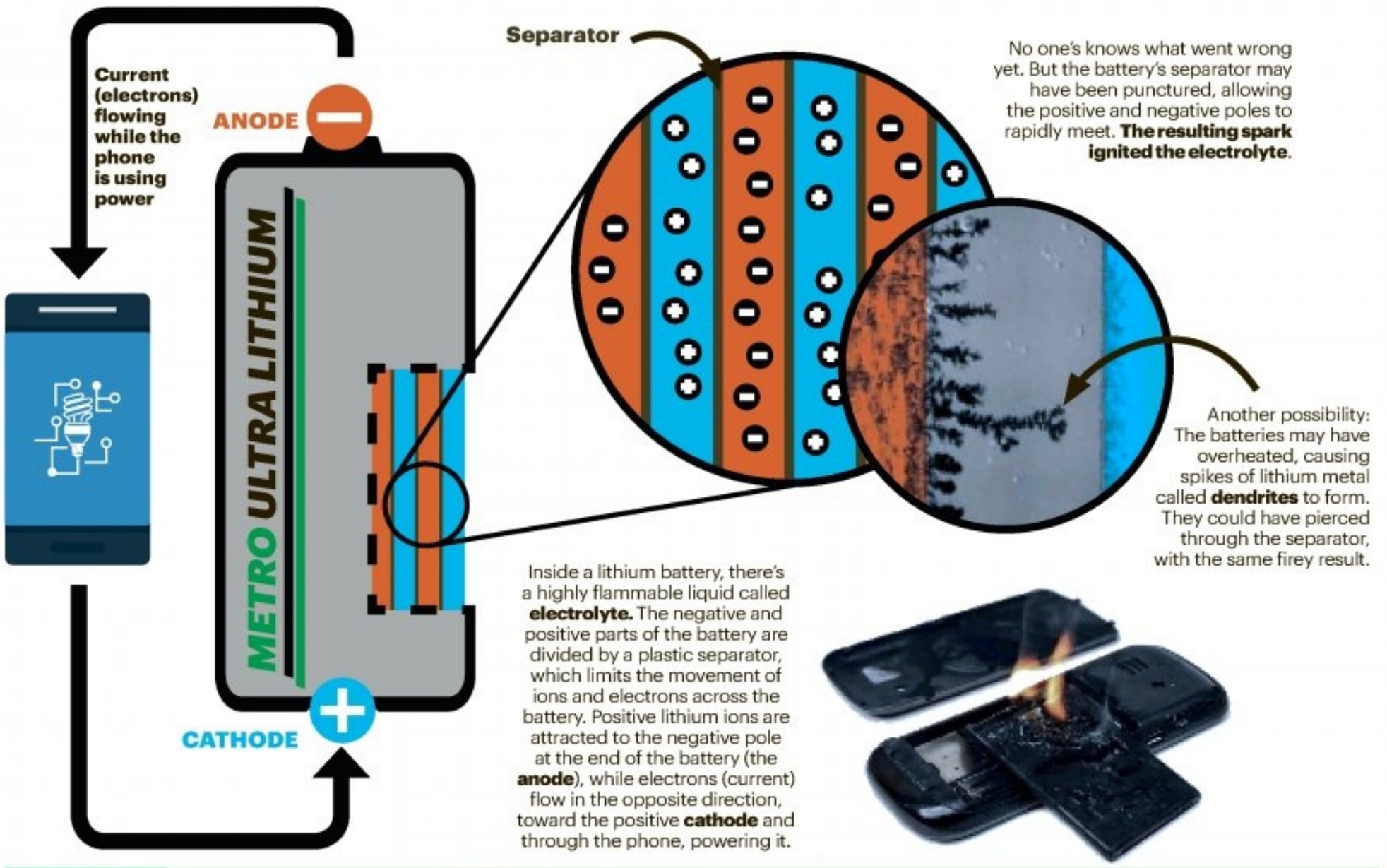
DECODED by Genna Buck and Andrés Plana

WHY ARE BATTERIES BLOWING UP?

A million Galaxy Note 7 phones have been recalled for an explosive reason: They're catching fire. According to Samsung, a manufacturer's defect has led to dozens of cases of lithium-ion batteries short-circuiting and bursting into flames. **Here's your answer to the burning question: How did this happen?**



Inside a lithium battery, there's a highly flammable liquid called **electrolyte.** The negative and positive parts of the battery are divided by a plastic separator, which limits the movement of ions and electrons across the battery. Positive lithium ions are attracted to the negative pole at the end of the battery (the **anode**), while electrons (current) flow in the opposite direction, toward the positive **cathode** and through the phone, powering it.

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FINDINGS
Your week in science

EBOLA HANGS AROUND
The Ebola virus that swept West Africa in 2014-2015 is sneakily lingering in survivors, research in the journal Nature shows. It can stay in semen at least 18 months, far longer than thought. And the first case of spread via breast milk has been reported, though the mother wasn't sick.

SOUND SMART

DEFINITION
We see **redshift** when a distant object, like a star, is moving away from the Earth. When an object travels away, its light waves get stretched. Their frequency is reduced, which means the light is **shifted** toward the **red** end of the electromagnetic spectrum.

USE IT IN A SENTENCE
Mercedes thought the object she was looking at through her telescope was a red planet. But it wasn't Mars! The light appeared red because of **redshift**.

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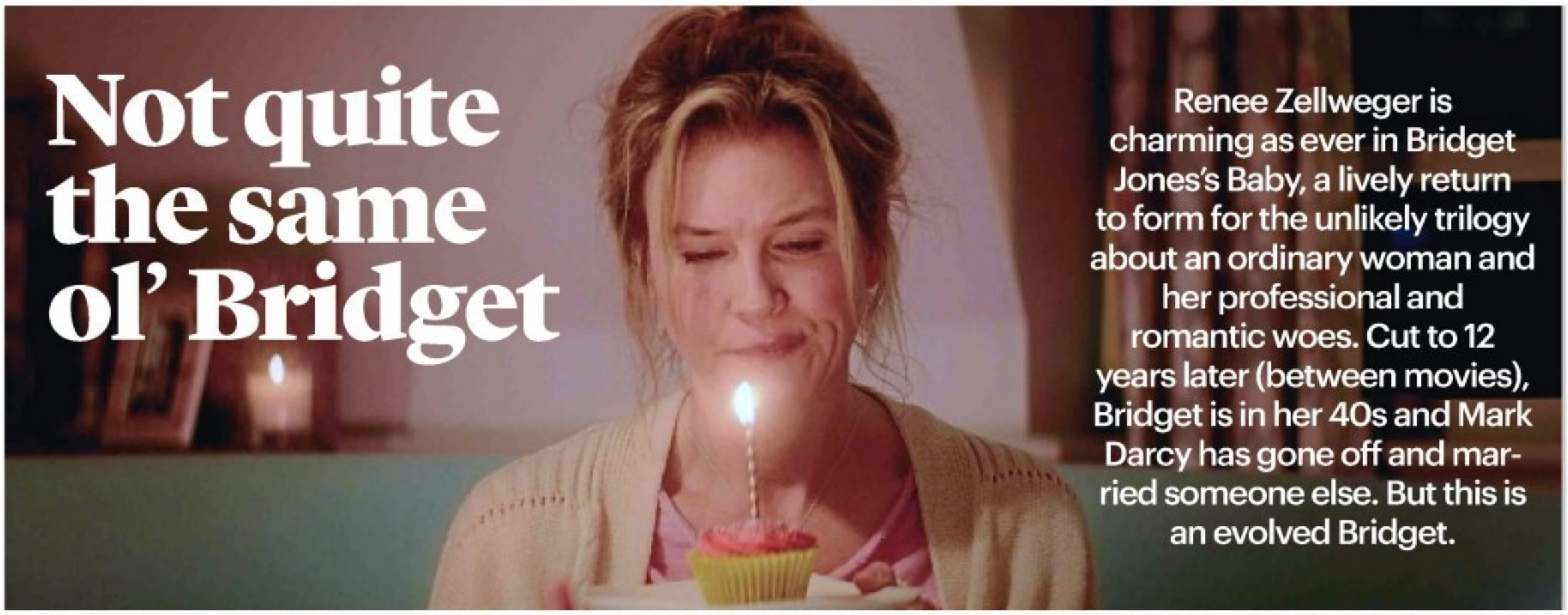
metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Not quite the same ol' Bridget



Renee Zellweger is charming as ever in Bridget Jones's Baby, a lively return to form for the unlikely trilogy about an ordinary woman and her professional and romantic woes. Cut to 12 years later (between movies), Bridget is in her 40s and Mark Darcy has gone off and married someone else. But this is an evolved Bridget.

She might be eating dessert alone in that same old London flat on that same old couch listening to the same old Celine Dion song, but it's not tragic. It just is. Her friends all flaked on her and so she has a night by herself. The sense is "whatever" not "woe is me." CONTRIBUTED

When one part of your life starts going OK...

The film lacks Hugh Grant's naughty playboy Daniel Cleaver — who is going to advise Bridget to "invest in lockable knickers?" But his absence is explained with such wry humour, and newcomer Patrick Dempsey fits in so well. He's a single, not sleazy relationship guru who is immediately smitten with Bridget. She has a good time with Jack when she and new BFF Miranda (Sarah Solemani) go on an ill-advised pop festival camp-out, and after the fling goes on her way.

...another falls spectacularly to pieces

A few weeks after her tryst with Jack, she finds herself having an unexpectedly romantic night with a now-separated Darcy. She walks away from that, too, and continues on with life until she gets the news that she's pregnant. It could be either Darcy's or Jack's. Both men hop to the challenge. There is still a madcap, slapstick jitteriness to dear Bridget, but calmness has emerged, too — that of a woman who has finally grown into her own skin. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

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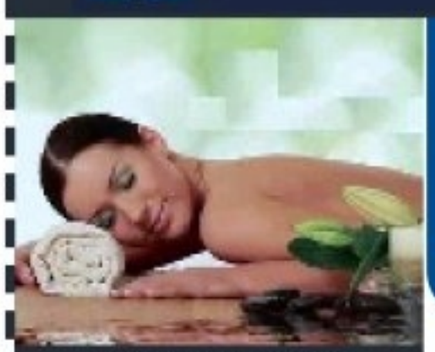
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In Blair Witch, James (James Allen McCune, centre), sets out into the woods in search of his sister, who disappeared in the '90s while making a doc about the Blair Witch. CONTRIBUTED

If you go out in the woods today...

CAST INTERVIEW

Blair Witch sequel mixes body horror and primal fear

Richard Crouse
For Metro Canada

The long-awaited Blair Witch Project follow-up doesn't have a theme song, but if it did I'd suggest Teddy Bear Picnic. In particular the line, "If you go out in the woods today you're in for a big surprise," because, boy, there are some shockers in the movie's dense woods.

"When I saw our film I was scared," says Corbin Reid who plays Ashley in Blair Witch, in theatres today.

"I actually had chills," chimes in co-star Wes Robinson. "I thought that was cool because I don't think that's an easy feat for someone who was there shooting it, who read the script and knew everything that was going to happen. It is the combination of the shots and the sound design and everything."

Shot last year with the woods of Squamish, B.C., subbing in for the story's haunted woods, the movie follows James (James Allen McCune) who was only four years old when his sister vanished while making a 1994 documentary about a witch said to haunt the Black Hills near Burkittsville, Maryland. James thinks his sister may still be alive. Cue the jump scares, red herrings, things that go bump in the woods and close-ups of scared young people.

"Not to get too macabre," says Corbin, "but I think one of the reasons people are attracted to horror is because you're dealing with death in a safe space. It is something unknown to everyone. We don't know what happens after we die, but you get this fictional setting that you can live it out in. There is something about exposing yourself to your fears. If you can laugh at it or move through it, it forces you to deal with it. You become the master of it."

Robinson praises director Adam Wingard's skill at scare making. "Adam always gives you a real sense of security in his films. Then when you're not expecting it, he takes it away."

"It gives you time to really sink into the psychological aspect of it," adds Corbin. "You establish the relationships, and then you have something to lose. It's not just trick after trick after trick. That's the thing I love about the filmmaking. It's not cheap. Everything is earned and everything is smart. It is thought out. I think that's why there is such an effect."

In Blair Witch, Wingard does a good job with body horror — ick — and primal fears of the dark, small spaces in the unknown. "Everyone's fear is represented at some point in this movie," says Wes.

Corbin and Wes spent two months in the woods shooting and getting inside the new story, but how familiar were they with the 1999 film? Corbin was just eleven years old when the original movie caused a sensation but that didn't stop her from trying to see it. "I went with my sister and she didn't know it was rated R," she says. "She got in but my mom had to come pick me up."

"I actually saw it in the theatre," says Wes. "I was with a lot of adults. We went to see it and it traumatized me. It's weird where life takes you, though, because I had no idea when I watched it that I would do the sequel one day."

MOVIE RATINGS by Richard Crouse

Bridget Jones's Baby	★★★
Snowden	★★★★
Blair Witch	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

SHORT FILM

Jay Z declares drug war a fail

Jay Z has declared the war on drugs an "epic fail" in a short film he wrote and narrated.

The four-minute clip posted online by The New York Times on Thursday features Jay Z's narration over artist Molly Crabapple's illustrations.

In the video, he complains "young men like me who hustled became the sole villain" when strict drug laws were introduced in the 1980s.

He also suggests treatment of drug dealers is hypocritical given that states like Colorado have legalized marijuana. He also blames mandatory minimum sentences in part for the sharp rise in the U.S. prison population.

Jay Z has frequently rapped about his past as a crack dealer.

THE ASSOCIATED PRESS

Jay Z's four-minute clip was posted online by the New York Times. SCREENSHOT

GOSSIP BRIEFS

Kanye West, Kid Cudi take feud public

Kanye West has wasted no time responding to a storm of critical tweets from his one-time protege Kid Cudi. West ranted against Cudi during his show in Tampa, Florida, Wednesday night, telling Cudi to "never mention" him.

West was referring to Cudi's tweets criticizing "the fake ones" and calling out West and Drake. Another tweet from Cudi read, "Ive been loyal to those who haven't been to me and that ends now. Now im your threat."

West signed Cudi to his G.O.O.D. Music label in 2008. Cudi left the label three years ago. West says he feels "disrespected" and "hurt," while also telling Cudi "I birthed you." THE ASSOCIATED PRES

Dassey lawyers ask for his release during appeal

Attorneys for the man convicted of helping his uncle kill a woman in a case profiled in the popular Netflix series Making a Murderer are asking for his release while his appeal is pending. A 48-page motion filed in federal court argues that Brendan Dassey is not a flight risk and would not pose a danger to the public if he's released. A federal magistrate judge ruled in August that investigators tricked Dassey, then 16, into confessing that he helped his uncle, Steven Avery, rape and kill photographer Teresa Halbach in 2005. The judge ordered that Dassey, now 26, be freed within 90 days unless prosecutors appealed or decided to retry him.

THE ASSOCIATED PRESS

Brendan Dassey. HANDOUT

A year later, Tremblay breaks out again

BURN YOUR MAPS

Room phenom back where it all began with next star turn

Room star Jacob Tremblay returned Thursday to the star-packed film festival that launched his career, armed with a new tear-jerker drama and a handful of quips to charm a press conference.

The Vancouver nine-year-old fielded questions alongside co-stars of his newest film, Burn Your Maps, which was making its world premiere at the Toronto International Film Festival.

Tremblay plays a young Chicago boy who believes he is actually a Mongolian goat herder.

He said it was a fun film to make, noting it was shot in the rolling foothills of the Canadian Rockies, where he ran through fields with goats and rode around on a horse.

"Goats are really cute, especially the baby ones. But they do smell a little bit," Tremblay quipped to a chuckling audience of journalists and festival staff. "I also had to learn to ride a horse without a saddle. If you do that it kind of hurts, if you know what I'm saying."

Co-stars Vera Farmiga and Virginia Madsen had nothing but praise for the young star, who debuted last year in the captive thriller Room as a complete unknown.

In Burn Your Maps, Tremblay takes centre stage as Wes, whose disturbing obsession with Mongolia extends to donning handmade traditional garb, devouring online Mongolian language lessons, and making his own herd of goats out of toilet paper.

The fantasy emerges after the family suffers a tragedy that sends each member reeling in their own way. Farmiga's fragile matriarch Alise questions the marital bonds with her husband, played by Marton Csokas.

Director Jordan Roberts said he first caught wind of Tremblay a year before shooting, when he saw a video of a "mesmerizing" six-year-old.

"There was no acting going on at all, he was 100 per cent present in this imaginary scenario and it just flabbergasted me," said Roberts, screenwriter for the Oscar-winning animated film Big Hero 6.

It took a year to raise the money Roberts needed for the film, and when his first audition tape for the youngest role arrived, it was another video of Tremblay.

"And it was again mind-boggling," he said. "He was a year or so older, incredibly mature. He made very powerful, strong choices. He has wonderful parents who obviously have something to do with what he does but when I saw his tape it was just staggeringly powerful again and completely honest."

The rest of the cast came together just as smoothly, Roberts said, although he set his eyes first on scoring Farmiga as a mother desperate to keep her crumbling marriage together.

Farmiga said it was easy to bond with Jacob for their mother-son scenes: "He's a very savvy young actor. Very deep in touch with his emotions.

"He has a unique relationship with his own mom which I was able to witness on a daily basis and see how she is a part of his process. And I hung out with his mom and have worked with his sister so immediately there was a closeness."

Roberts said Mongolia didn't have the infrastructure to allow the film to be shot in the east Asian country. He was pleasantly surprised to find remarkable geographical similarities in Kananaskis, Alta.

And when he learned that roughly 700 Mongolians live in Calgary — allowing him to cast real Mongolians — he was sold.

Roberts stayed in Canada for post-production, spending five months in Toronto where he held several focus groups.

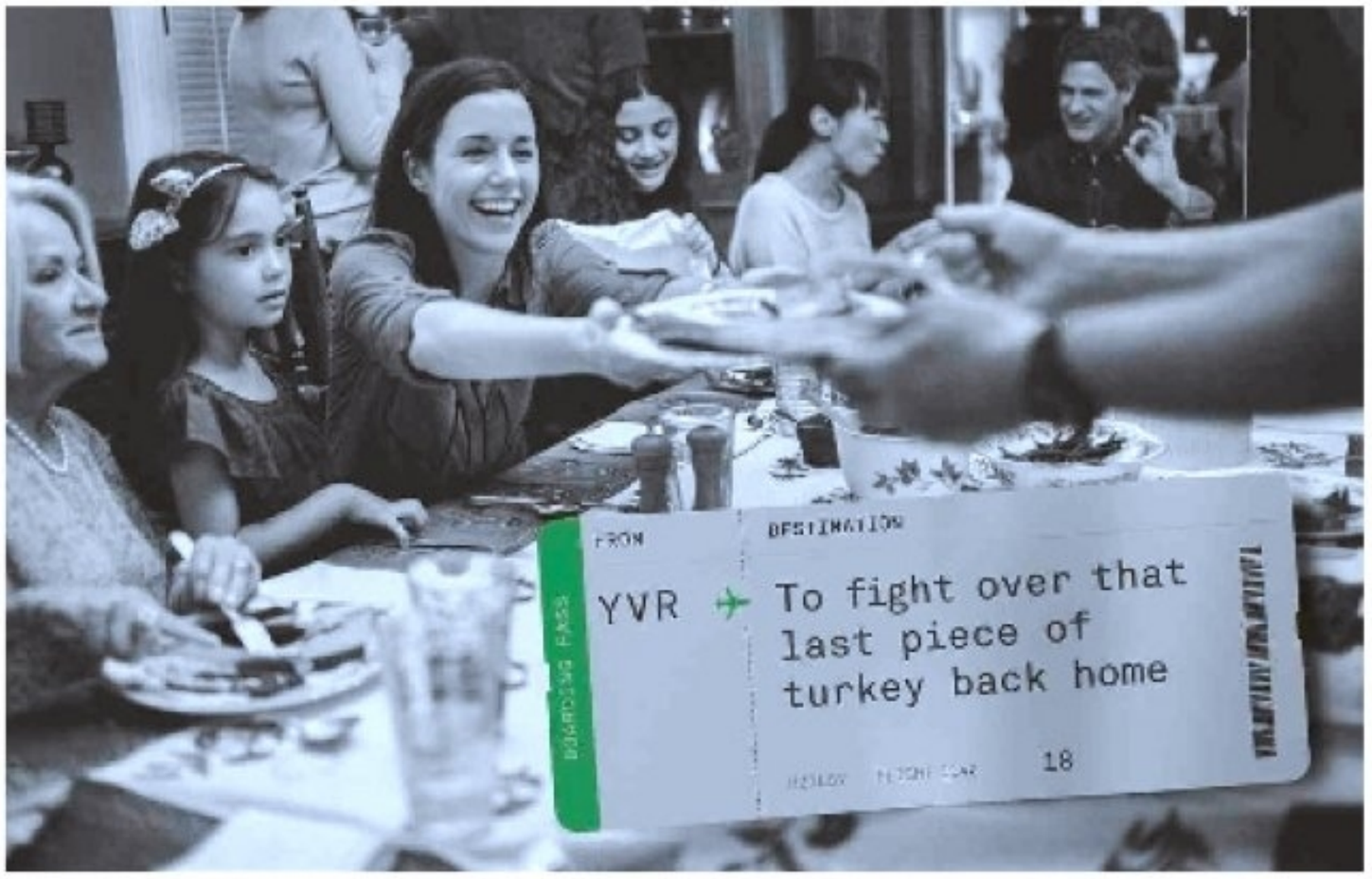
"This film was made in Canada and Canada helped me make this film. It really genuinely did," Roberts said.

THE CANADIAN PRESS

On-screen mom Vera Farmiga felt an immediate connection with her Burn Your Maps co-star Jacob Tremblay after spending time with the nine-year-old's real-life mother and sister.

CONTRIBUTED/THE CANADIAN PRESS

> **To watch him running around with goats and just this wonderful human having a great time being a kid (was great).**
>
> Virginia Madsen, Jacob Tremblay's co-star



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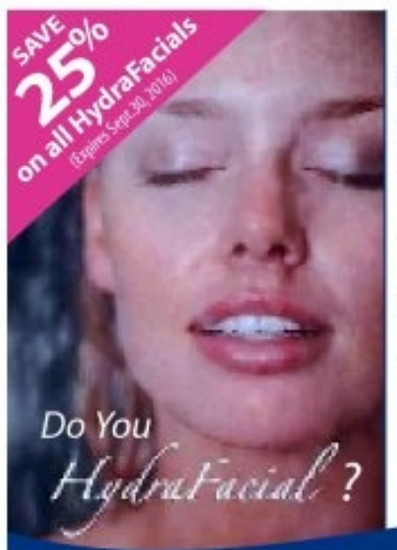

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Granary Burial Ground in Boston, where Paul Revere and John Hancock rest, gets $300,000 U.S. upgrade

Detroit: The great comeback

URBAN DESTINATIONS

Motor City proves its ingenuity yet again

Jennifer Bain
Torstar News Service

You will feel the energy as soon as you get off the plane at Detroit Metropolitan Airport's McNamara Terminal and make your way through an underground tunnel exploding with a colour-changing light and sound show.

Something remarkable is happening here.

The story here is no longer automobile industry collapse, decline, decay and blight. It's about a glorious city that birthed the Model T and Motown, that's coming back better, stronger, artier.

There's Midtown with the "eds, meds and arts." That's short for universities, medical centres and Sugar Hill Arts District anchored by the Detroit Institute of Arts and the Museum of Contemporary Art Detroit.

Downtown fills up with passionate sports fans when the Detroit Tigers are playing Comerica Park or the Lions are at Ford Field.

I'll be taking the kids on the Detroit People Mover, with art in all 13 stations. It's just 75 cents and you can stay on the single-track train loop as long as you want.

Corktown is fully hipster and home to the Detroit Institute of Bagels, Batch Brewing (the city's first nano brewery), music destinations, such as the UFO Factory and Hostel Detroit, with its free walking tours.

This city is moving beyond cars.

While Detroit has not yet completely bounced back from job losses in the automobile industry and the financial crisis of 2008, signs of reinvention are everywhere — like these art murals found at Z Garage, The Belt and other areas.

TOP AND LEFT: SAL RODRIGUEZ/FOR TORSTAR NEWS SERVICE; RIGHT AND SIDEBAR: JENNIFER BAIN/TORSTAR NEWS SERVICE

Downtown, in what was once the garment district, you can't miss the trifecta of the Library Street Collective, the Belt and the Z garage.

Library Street is a cutting-edge modern/contemporary fine-art gallery. With Dan Gilbert-owned Bedrock Real Estate Services, it activated the public alley out its back door into an art experience full of murals and art installations called the Belt.

Surrounding most of the Belt is the Z, a 10-storey "park in the art" garage with a 3D-style façade and interior murals by 27 artists.

To see the city on two wheels, go to Wheelhouse Detroit on the waterfront for a guided tour or bike rental. Pick an iconic black Detroit Bike.

The food in Detroit is amazing too. There's a reason why Food Network Magazine put HopCat's beer-battered Crack Fries sprinkled with cracked black pepper and sided by warm cheese dipping sauce on its Top 10 list. Resistance is futile.

Not far from HopCat at the rustic chic Selden Standard, executive chef/partner Andy Hollyday's New American shared plates and craft cocktails are works of art.

Art of some form infuses virtually every Detroit moment. It's all over Eastern Market, "a playground for grown-ups" with multiple markets, food, vintage clothing and boutiques.

"I always had this feeling of Detroit having a ghost of a prosperous past, and when I got here it was still lingering," admits Ian Kuali'i, a Hawaii-raised artist in residence from Berkeley, Calif. "Now I'm extremely hopeful for Detroit. As a complete outsider coming in, it's pretty incredible."

At the Russell Industrial Center, people such as street fashion designer Dana Keaton and studio glass artist Bill Poceta are finding affordable work space in a converted factory.

"We have a creative element and a musical element going on here that's really phenomenal," Poceta says. "We're pretty pumped about the city."

Poceta is old enough to have seen Detroit both falter and rebound. Same goes for Robert Sestok, who has lived in the once notorious Cass Corridor (now rebranding as Midtown) for 40 years.

He bought four cheap lots for $18,000 U.S. and unveiled City Sculpture Park last year, full of his hulking welded steel sculptures. He opens the gates daily and will come talk art if you email him. "It's kind of a fun experience to have this and share this with other people," says Sestok.

Jennifer Bain was hosted by Travel Michigan, which didn't review or approve this story.

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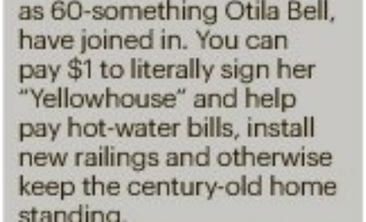

'Ghetto Guggenheim' draws 300k visitors a year

The city still uses the nickname Motor City, but "Detroit is now is becoming more and more known for its art," declares Margaret Grace, manager of educational programming for the Heidelberg Project. "It's an art city."

The Heidelberg Project draws upwards of 300,000 visitors a year to one of America's poorest zip codes for "open air art." Tyree Guyton has been taking a stand against decay, crime and apathy for 30 years and transforming the vacant lots and abandoned homes of his childhood neighbourhood into a "Ghetto Guggenheim" with discarded objects from everyday life.

A few neighbours, such as 60-something Otila Bell, have joined in. You can pay $1 to literally sign her "Yellowhouse" and help pay hot-water bills, install new railings and otherwise keep the century-old home standing.

You will hopefully run into the eccentric Guyton himself, who will now take his project apart "in a methodical way" and create something else to keep the world coming back to Detroit.

Montreal prepares for epic birthday

CELEBRATIONS

$100M party to include theatre performances and carnivals

1 Grand light show
On the grander side of the scale is a $39.5-million plan to light the Jacques-Cartier Bridge beginning May 17, the same date in 1642 when a group of missionaries and French colonists founded what was then a mission called Ville-Marie.

2 By the season
The bridge will be fitted with 2,800 lights that will change colour according to the season.

3 Capturing the energy
The speed, movement and intensity of the lights can also be changed to reflect the current traffic, weather forecasts or what Montrealers are discussing on social media, in order to "reflect the energy of the city" in a subtle way, Rozon said.

Giant puppets, street parties and social media-savvy bridge lights are just some of the ways Montreal is planning to celebrate its 375th birthday next year.

The date coincides with the 150th anniversary of Canada's founding and, to celebrate, the city is throwing itself a $100-million bash that includes cultural and historical events, festivals and shows to run throughout 2017. The commissioner of the group organizing the festivities says the city can do with a good party after a recent tough six or seven years that included the Charbonneau Commission looking into corruption in the construction industry.

"We needed that breath of fresh air," Gilbert Rozon said. "We needed to give some love back to Montreal, and also to bring some tourism to Montreal."

The year-long celebration, which will actually kick off in December, making it 375 days long, includes more than 200 events both lavish and local.

The events kick off in December with a variety show, televised on several French-language networks and where the programming will be unveiled.

Highlights of the first months include outdoor winter games, a gathering of 50 top chefs and lighting shows to illuminate the frosty months.

The summer will feature daily outdoor theatre performances, a carnival in each of the city's 19 boroughs and a specially created performance by the giant marionettes of the Royal de Luxe street theatre company.

Outside the budget for the celebrations, the city has also earmarked about $300 million for a series of "legacy" infrastructure projects including renovations to Saint-Joseph's Oratory, improvements to green spaces, public art and a 3.8-kilometre pedestrian walkway to connect the St. Lawrence River to the foot of Mount Royal.

On a smaller scale, the city has also approved some 100 neighbourhood projects run by community organizations.

These are wide-ranging, from podcast walking tours of Notre-Dame-de-Grace to a country music festival in Hochelaga-Maisonneuve to the temporary revival of Belmont Park, a long-closed amusement park in Ahuntsic-Cartierville.

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RESORTS

Japanese mindfulness practice gains in popularity

In Japan, it's called "shinrin-yoku," which translates as forest bathing. It's the practice of immersing yourself in nature to improve your well-being, and interest in the concept is growing, with spas, resorts, retreat centres, gardens and parks offering guided forest bathing experiences.

These programs take participants into the woods for a slow, mindful walk to contemplate nature with all the senses. It's not a hike, because you don't go far or fast. And while the term forest bathing may lend itself to jokes about nude hot springs, rest assured: You don't take off your clothes.

> **We say the forest is the therapist.**
> Amos Clifford

"We walked through the woods and were just able to absorb what was surrounding us: the beauty of nature, the beauty of the world, from the smallest details, the pebbles under your feet or the branches and the bark on the trees, to how the air felt and listening to the sounds around us," said Rona London, who participated in a forest bathing experience at Mohonk Mountain House in New Paltz, N.Y. "It was absolutely wonderful."

The benefits of shinrin-yoku were formally recognized in the early 1980s by Japan's Ministry of Agriculture, Forestry and Fisheries.

While it might seem obvious that a walk in the woods is good for you, there's also research on the physiological effects showing that it can lower blood pressure, heart rates and stress hormones.

Amos Clifford, who founded the Association of Nature and Forest Therapy Guides and Programs , leads a variety of forest bathing experiences, from walks in Sugarloaf Ridge State Park in Kenwood, Calif., to programs at Osmosis Day Spa Sanctuary in Freestone, Calif., and The Lodge at Woodloch, a resort in Hawley, Pa.

While it might seem obvious that a walk in the woods is good for you, there's also research on the physiological effects showing that it can lower blood pressure, heart rates and stress hormones.
ISTOCK

Clifford, who has a background in Zen meditation and in marriage and family counselling, also trains guides in forest therapy. But he's careful to say that forest therapists are not qualified to diagnose or treat mental health issues.

"We say the forest is the therapist," he said. "The guide opens the doors."

Clifford's three-hour guided walks might cover less than half a kilometre. The ideal trail, he says, is two-thirds covered by a forest canopy but also has "some meadow open to the sky," along with a stream and plant diversity. But it doesn't have to be a wilderness area. He's led walks in retirement centre gardens and in city parks near freeways.

Clifford compares the experience to a guided meditation, in which participants are prompted to consider, "What are you hearing, seeing, smelling? We invite people to notice what's in motion in the environment around them: the swaying of trees, the flow of water, butterflies or birds or whatever it might be."
THE ASSOCIATED PRESS

SIDEBAR

Destination shinrin-yoku

Terri Henry leads forest bathing experiences on the Caribbean island of Dominica for guests at Secret Bay, a boutique property with eight private villas. "We go for a mindful walk, very slow in pace, like a walking meditation," she said. "The whole idea is to become super aware of the senses. A lot of the time, people have so much going on, they've got sensory overload, they have to shut it down."

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metro SPORTS

DeAndre Hopkins, who was fined $6,000 by the NFL for his turtle dove coloured Yeezy cleats, will wear them again "if Kanye wants to pay the fine"

The world is his stage

WORLD CUP OF HOCKEY

Crosby has come up big internationally for Canada

When Sidney Crosby first stepped onto the international stage, Team Canada fell flat.

It was 13 years ago in the summer of 2003 and Crosby had just turned 16. He was by far the youngest player on an under-18 squad shooting for an eighth consecutive gold medal at the junior World Cup. But that year, even with the prodigy on hand, Canada finished a distant fourth, trounced 8-2 by the hometown Czechs in the bronze-medal game.

It was by no means a preview of what was to come for Crosby on the world stage.

The Cole Harbour, N.S., native has won nearly everything there is to win while wearing the Maple Leaf, save the World Cup of Hockey, which he'll play in for the first time later this week.

Crosby has come up golden at the world juniors, world championships and twice at the Olympics.

"I feel like every time you put on a Team Canada jersey, you're representing your country, there's a lot of pride that comes with that," Crosby said Thursday at World Cup media day.

His "golden goal" at the 2010 Olympics in Vancouver stands as one of the most impactful goals in the country's history. Indeed, Crosby has met expectations on the international stage, despite the bright spotlight and increased pressure that comes with being the most hyped player of his generation.

> **With that kind of format I think it brings out the best in everyone.**
> Sidney Crosby

"For Sid and a lot of these kids coming up, they have a little bit of an unfair target on their back at all times," said Ryan Getzlaf, a frequent teammate with Canada. "People expect so much out of them on a daily basis that they forget that they're still players and they're still humans. It's part of the role I guess that he's taken on his back and he's done a great job with it."

While it may lack the significance of the Olympics, the World Cup is another chance at international glory on home turf for Canada.

Crosby thinks home-ice advantage can help. The group fed off the enthusiasm in Vancouver, he said.

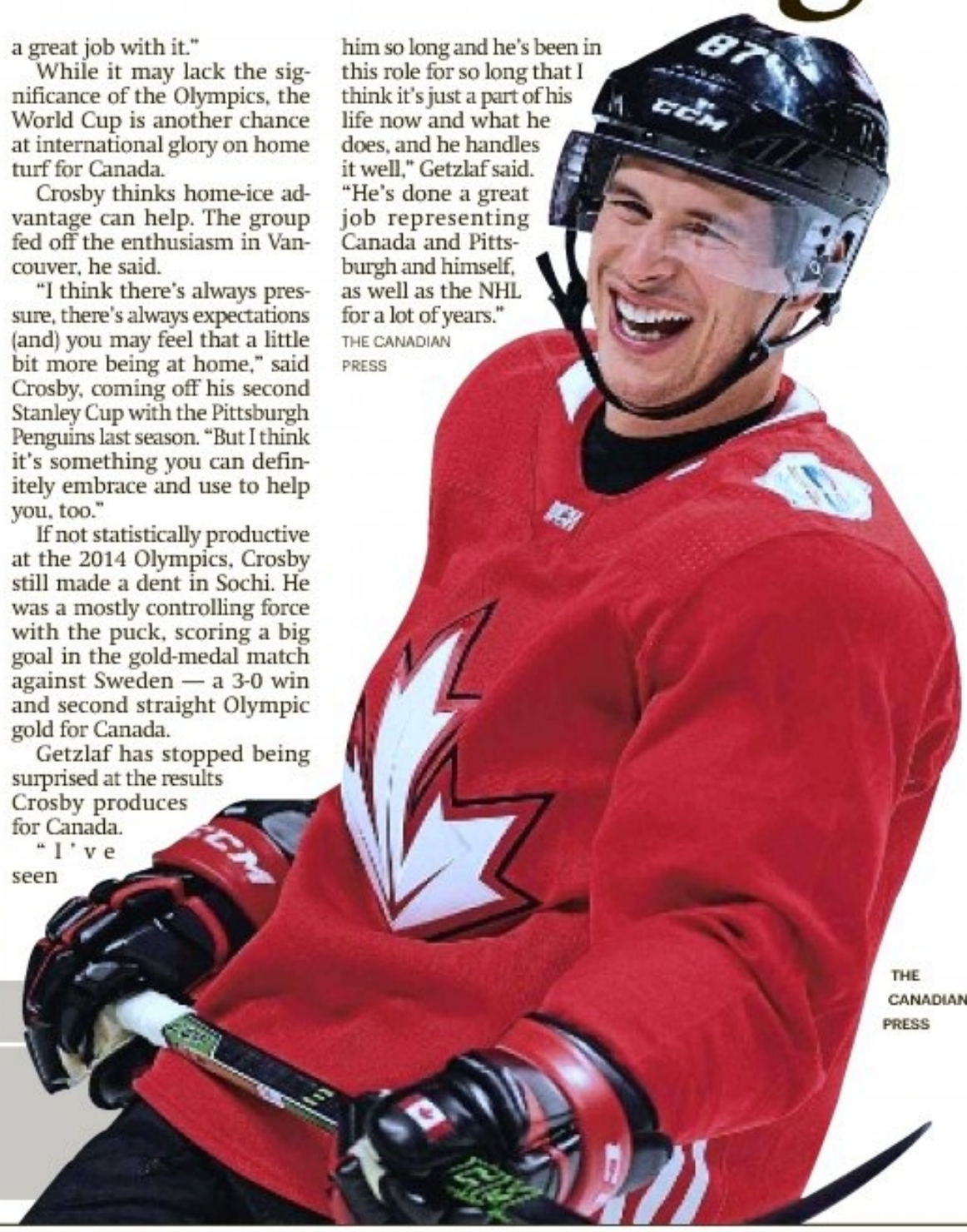
"I think there's always pressure, there's always expectations (and) you may feel that a little bit more being at home," said Crosby, coming off his second Stanley Cup with the Pittsburgh Penguins last season. "But I think it's something you can definitely embrace and use to help you, too."

If not statistically productive at the 2014 Olympics, Crosby still made a dent in Sochi. He was a mostly controlling force with the puck, scoring a big goal in the gold-medal match against Sweden — a 3-0 win and second straight Olympic gold for Canada.

Getzlaf has stopped being surprised at the results Crosby produces for Canada.

"I've seen him so long and he's been in this role for so long that I think it's just a part of his life now and what he does, and he handles it well," Getzlaf said. "He's done a great job representing Canada and Pittsburgh and himself, as well as the NHL for a lot of years."

THE CANADIAN PRESS



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WEEKEND SCHEDULE

SATURDAY	SUNDAY
USA VS. Europe, 3:30 p.m.	Sweden vs. Russia, 3 p.m.
Czech Republic vs. Canada, 8 p.m.	North America vs. Finland, 8 p.m.

*All times Eastern

AUSTON MATTHEWS

Top pick ready for ACC debut

The World Cup of Hockey has yet to start but Toronto Maple Leafs teenager Auston Matthews has already made an impression.

"He's just gotten better every day," said Team North America coach Todd McLellan.

"He's shown that he's going to be responsible on both sides of the puck. (He) has a great sense of how to use his body on the ice. He's a big man that protects pucks well. He's able to use speed when he needs it. He's able to slow it down and protect (the puck) when he needs it to use."

Auston Matthews GETTY IMAGES

The six-foot-two 210-pound Matthews "hasn't taken a back seat to anybody — respectfully," said McLellan.

"He has not been shy in the locker-room. He's not been afraid on the ice," the coach added. "He's a pretty exciting player right now. Certainly the Leafs will have a fun one to watch for many years."

Matthews, who turns 19 on Saturday — the opening day of the tournament — is one of eight Leafs taking part in the World Cup.

"It's going to be awesome," said the Arizona native said of his Air Canada Centre debut. "It's going to be a very special moment."

THE CANADIAN PRESS

SOCCER

Robinson bringing Caps to Europe

The Vancouver Whitecaps plan on mixing things up ahead of next season.

After disappointing starts the last two years, and with the CONCACAF Champions League quarter-finals set to get underway in February, head coach Carl Robinson says he will be taking his team to Europe in hopes of increasing the tempo in preparation for the 2017 campaign.

"I want to shake it up," Robinson said. "Part of me reviewing (this) season was analyzing what was good at the start of the year and what wasn't."

Carl Robinson GETTY IMAGES

A longshot to make the playoffs in MLS with five games left on the schedule, the Whitecaps qualified for the Champions League knockout stage on Tuesday after defeating Sporting Kansas City 2-1. THE CANADIAN PRESS

IN BRIEF

BoSox rally to beat Yanks

Hanley Ramirez hit a three-run homer with two outs in the ninth inning to finish off a five-run rally as the Boston Red Sox came back to beat the New York Yankees 7-5 on Thursday night and open a two-game lead in the AL East.

New York took a four-run lead after three innings and still led 5-1 when David Ortiz hit a solo homer in the eighth, the 537th of his career, passing Hall of Famer Mickey Mantle for 17th on all-time list. THE ASSOCIATED PRESS

Wilson says he's 'ready to roll' for Seahawks Sunday

Seattle Seahawks quarterback Russell Wilson insists he'll be ready to play against the Los Angeles Rams on Sunday.

Wilson was a full participant in practice each of the past two days after suffering a sprained ankle in the third quarter of last week's game against the Miami Dolphins.

"I'll be ready to roll," Wilson said on Thursday. "I'm excited about it."

THE ASSOCIATED PRESS

PARALYMPICS

Another gold for Quebec's Rivard

Aurelie Rivard touched the wall, looked up at the time clock and smacked the water with delight.

The Canadian swim star demolished the field to win the 400-metre freestyle at the Rio Paralympics on Thursday, shattering the world record in the process.

RIO2016

"Oh man, I'm so happy, I really wanted it," Rivard said, before darting away to prepare for the 4x100 freestyle relay. "I've been training for it for so long and now that I've done it, it's just so amazing."

It was her third gold — and fourth medal — of the Games.

The 20-year-old from Saint-Jean-sur-Richelieu, Que., who was born without a hand, pulled away over the final 200 metres to touch in a world-record four minutes 29.26 seconds. The previous mark was 4:32.79.

THE CANADIAN PRESS

Shamed James granted parole

LAW

Former hockey coach assaulted a number of his players

A decision to grant convicted sex offender Graham James full parole sparked outrage Thursday from some of the players he abused when he was a junior hockey coach.

James, 64, is serving a federal sentence for sexually assaulting players with the Swift Current Broncos of the Western Hockey League in the late 1980s and early '90s.

The Parole Board of Canada's decision followed a hearing in Quebec, where James has lived for several years.

The move to grant James full parole was swiftly denounced by some of his victims.

Victims' rights advocate Sheldon Kennedy, a former NHLer who was abused by James in his junior days, tweeted: "My thoughts are with his victims that struggle every day ... and all victims."

Graham James
THE CANADIAN PRESS

In an interview with Calgary radio station CHQR, Kennedy said he believes James is likely to reoffend and that he won't stay away from minors.

"I personally am disappointed and I feel a sense of fear for Graham James entering our communities again," he said.

Ex-NHL star Theoren Fleury, another of James' sexual targets, repeated in a statement that "Canada is the Disneyland for pedophiles."

"With this judgment we are now, as always, to continue to focus on the path of healing and forgiveness," Fleury said. "If you are looking for closure from the justice system, this in many cases will never happen."

James, who works in technology sales in Montreal, was granted day parole in January and was living in a halfway house and part-time in an apartment. With full parole, he will now serve the remainder of his sentence in the community.

James is prohibited from being employed or volunteering if it puts him in a position of trust with minors.

The other conditions of his full parole are:

- Not being in the presence of minors without an adult approved by a parole officer.
- Not communicating with his victims or their families.
- And having to report any relationship he begins with a male to his parole officer.

The conditions will remain in place until his sentence expires in 2019.

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RECIPE White Bean Tuna Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This salad plays the perfect balancing act — the veggies keep things light, while the beans and tuna make it a satisfying meal.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1 x 5 oz can of tuna
- 1 x 15 oz can of cannellini beans
- 1/4 cup red onion, diced fine
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- salt and pepper to taste
- 4 or 5 radishes, thinly sliced
- 8 or so cherry tomatoes, cut in half
- 1 bunch of arugula, washed, dried and trimmed
- 2 handfuls of fresh basil, washed, dried and trimmed

Directions

1. In a large-ish bowl, mix together the tuna, beans and onions.

2. In a small bowl, whisk lemon juice and olive oil, pour over tuna and mix. You don't want to lose all the texture of the tuna, so don't overdo it. Add salt and pepper to taste. Cover with cling film and chill up to an hour. You can skip this step but it will enhance the flavour.

3. Now it's just an assembly job. You've got four plates. Lay out a handful of greens on each plate, a scoop of tuna deliciousness and then scatter tomatoes, radishes and basil on top.

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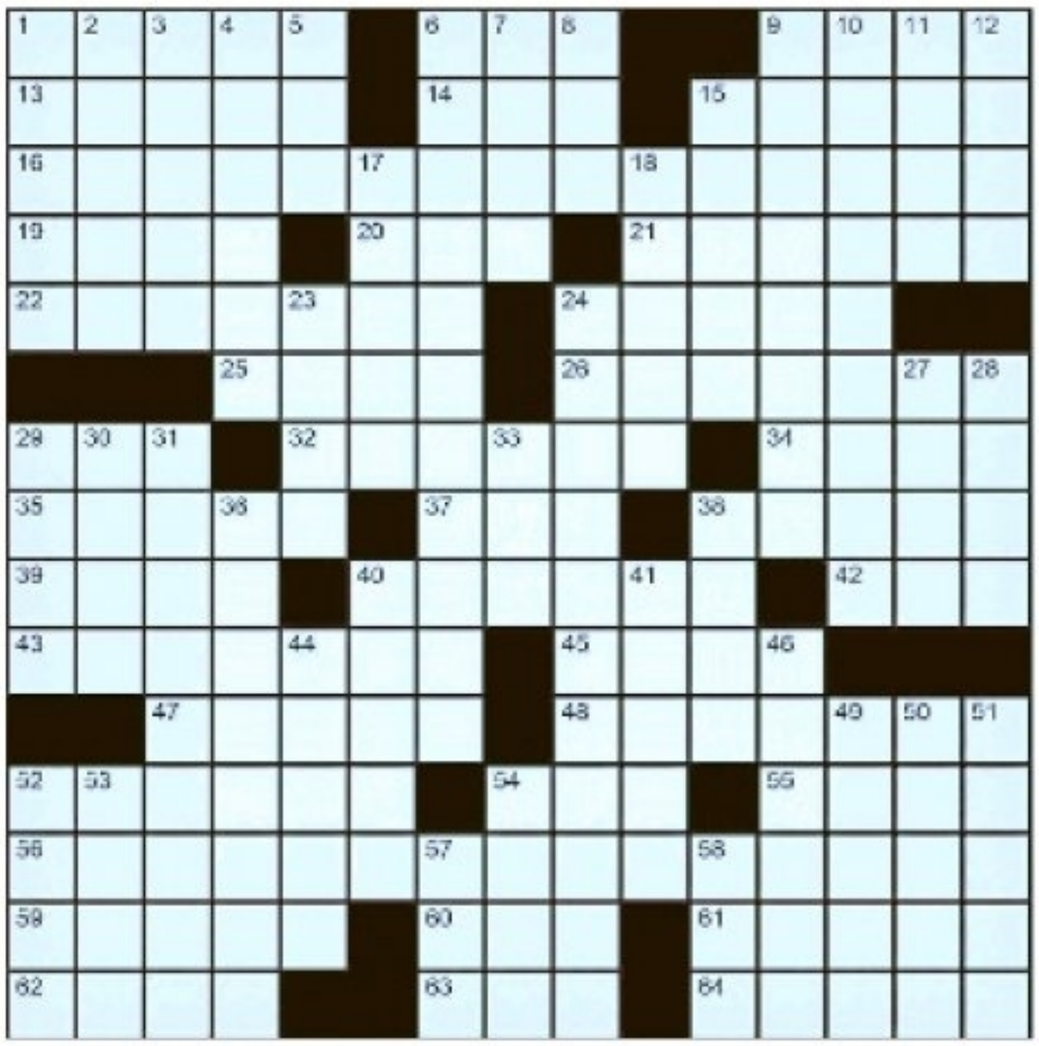
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Fiddlesticks!"
6. Vitality
9. "Ac-Cent-_-Ate the Positive"
13. School: French
14. Mason's load holder
15. _ it up (Celebrate)
16. Casually wear a shirt with these: 3 wds.
19. "..._ _ it seems." (That's how things look)
20. Higher-than-a-King symbol
21. Chauffeur's uniform
22. Second 'N' of CNN
24. Granny Smith's gadget?
25. _-Tzu (Woof! Woof!)
26. Drink water
29. Hotness
32. _ up, as muscle cars
34. President Putin, to pals
35. Captain Benjamin _, on "Star Trek: Deep Space Nine"
37. 1989: "Get on Your Feet" singer ...her initials-sharers
38. _ Falls (Vancouver Island's high waterfall)
39. Medieval silk/gold fabric
40. Town on Lake Ontario east of Toronto
42. Academic year div.
43. "Huh...??": 2 wds.
45. "_! _ rodent!"
47. Fathers: French
48. Edmonton-born actress, _ _ Chong
52. _ Marcus (American retailer)
54. Hip-Hop music label co-founded by Birdman, for short
55. Margarine
56. Journalistic group since 1846: 2 wds.
59. Fall guy
60. Airport screen wd.
61. Bristly hairs
62. Python's plaints
63. Pub order
64. All in _ _ work

DOWN
1. 1955: Ousted leader of Argentina, Juan _
2. Outcome of interest to a sports fan
3. "The Planets" composer Gustav
4. Permits
5. Small
6. Montreal-born celebrity chef/restaurateur: 2 wds.
7. Optimism
8. Egos and _
9. "Bitter Sweet Symphony" act: 2 wds.
10. Car mechanic uniforms
11. Tiller
12. _-daisy!
15. Kelly LeBrock movie, "_ Science" (1985)
17. Racecar driver Mr. Franchitti
18. American architect, Frank _ Wright
23. "_, _ that's how it's gonna be, eh?!"
24. Just east of Calgary city called 'Alberta's Oasis'
27. "Shark _" (2004)
28. Cheesy ball
29. Joni Mitchell's "The Last Time _ _ Richard"
30. Sumptuous
31. Reality rejecters
33. Spuds exporter, e.g.
36. British supermodel: 2 wds.
38. "Coach" star, Jerry Van _
40. "_ _ Was Young" by Eric Burdon & The Animals
41. Shaver's target
44. Canadian racecar great Paul
46. Worshipped
49. Prince Valiant's beloved
50. "Shall _ _...?" (How does this work for everyone)
51. Breathers
52. Shortly snoozes
53. Those, in Spain
54. Key below Shift
57. Battery size
58. Safety message, e.g.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's Full Moon could trigger problems with co-workers, customers and clients. Just be patient, because this is only a 48-hour stress.

Taurus April 21 - May 21
The Full Moon today can make people emotional and reactionary. You might notice this in romantic relationships; you also will notice it when dealing with children. Just be patient.

Gemini May 22 - June 21
It will be difficult to fulfill the demands of home and family versus the demands of your career and public reputation. Today you cannot ignore home and family.

Cancer June 22 - July 23
This is an accident-prone day for your sign, because of the energy of the Full Moon. Therefore, go slowly and think before you speak or act. Pay attention!

Leo July 24 - Aug. 23
Disputes about money, possessions or loans might arise today because the Full Moon always brings things to a head. Don't be overreactive. Think positive.

Virgo Aug. 24 - Sept. 23
Today the only Full Moon opposite your sign all year is taking place. That's why relations with partners and close friends are testy and fragile. Be nice.

Libra Sept. 24 - Oct. 23
Be extra-patient when dealing with others today, especially at work or on the job. Whenever there is a Full Moon, everyone is reactionary and more emotional than usual.

Scorpio Oct. 24 - Nov. 22
Don't jump the gun when dealing with friends or a member of a group today. Wait to see what they want. Today is a Full Moon, and this can affect your relations with others.

Sagittarius Nov. 23 - Dec. 21
Despite the demands of home and family, you have to acknowledge the demands of your job or even your public image today. (The Full Moon will create conflicts here.)

Capricorn Dec. 22 - Jan. 20
Pay attention to everything you say and do today, because this is a mildly accident-prone day for your sign, simply because of the Full Moon energy.

Aquarius Jan. 21 - Feb. 19
Quarrels about money and shared possessions might arise today because of the Full Moon. This is a poor day to discuss how to divide an inheritance

Pisces
Feb. 20 - March 20
Today the only Full Moon in your sign is taking place. This can make you more emotional than usual. Take a deep breath and chill out.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4	6	7	8	1	5	2	3	9
2	3	8	7	4	9	5	1	6
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